Cuisinart™

Recipe Booklet
Reverse Side

INSTRUCTION BOOKLET

Cuisinart™ Electric Skillet

CSK-150C

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

G IB-5239-CAN

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. **READ ALL INSTRUCTIONS.**
2. Do not touch hot surfaces; use handles or knobs.
3. To protect against risk of electrical shock, do not immerse cord, plugs, or temperature control in water or any other liquid.
4. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance has malfunctioned or has been dropped or damaged in any way or is not operating properly. Return the appliance to the nearest Cuisinart Repair Centre for examination, repair or mechanical or electrical adjustment.
7. The use of attachments not recommended by Cuisinart may cause fire, electrical shock, or risk of injury.
8. Do not use outdoors.
9. Do not use the Skillet for anything other than its intended use.
10. To avoid the possibility of the Skillet being accidentally pulled off work area, which could result in damage to the Skillet or in personal injury, do not let cord hang over edge of table or counter.
11. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
12. Always attach temperature probe to appliance first, then plug cord in the wall outlet. To disconnect, turn temperature control to “OFF”, then remove plug from wall outlet.
13. To avoid damage to cord and possible fire or electrocution hazard, do not let cord contact hot surfaces, including a stove.
14. When oil is heated to high temperature in any vessel, flammable gases are given off. Do not expose a flame to these gases as this could be dangerous. Never cover Skillet when heating oil.
15. Do not place on or near a hot gas or electric burner, or in a heated oven.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

SPECIAL CORD SET INSTRUCTIONS:

A short power-supply cord is provided to reduce the risks of becoming entangled in or tripping over a longer cord.

Longer extension cords are available and may be used if care is exercised.

If a long extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance. The longer cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled by children or tripped over.

NOTICE:

This appliance has a polarized plug (one prong is wider than the other). As a safety feature, this plug will fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

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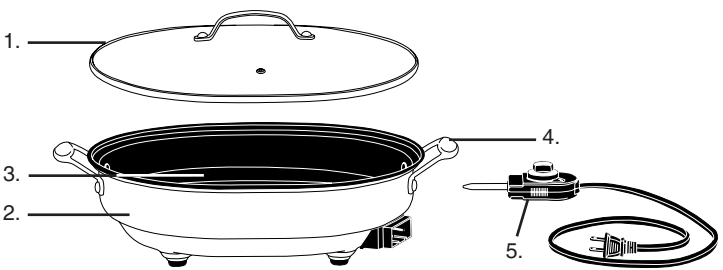
INTRODUCTION

Get ready to cook in all the best places! Your Cuisinart™ Electric Skillet can be an extra burner on the kitchen counter or it can be used to make food right at the table. The extra large nonstick cooking surface offers easy cleanup and the chance to cook healthier lowfat meals. Simply adjust the temperature to simmer soup, make pancakes, or fry up a family order of chicken fajitas. As a grand finale, remove the cord and put Skillet and lid right in the dishwasher.

FEATURES AND BENEFITS

1. **Glass Cover w/ Stainless Steel Rim, Steam Vent and Handle:**
   See-through glass cover allows you to view your entrée while it's cooking and the steam vent helps to prevent splattering.
2. **Brushed Stainless Steel Housing:**
   Durable stainless steel construction complements any décor.
3. **Nonstick Cooking Surface:**
   Large nonstick cooking surface makes cleanup easy. For even heat distribution and cooking, the heating element is mounted in a 5mm thick encapsulated aluminum base.
4. **Stainless Steel Handles:**
   Heavy Cast Stainless Steel helper handles with embossed Cuisinart™ logo.
5. **Adjustable Temperature Probe:**
   Removable temperature probe with adjustable heat settings that range from Warm to 450° F (232° C). Indicator light turns off when Skillet has reached the desired temperature.



IMPORTANT GUIDELINES

- Do not use metal utensils. Metal utensils will damage the nonstick finish. Use wooden or heat-proof plastic utensils.
- Do not use a metal knife or utensil to cut on the nonstick surface.
- Add only enough oil to coat the bottom of the Skillet. Do not use larger amounts of oil.
- The steam vent in the cover should always be placed to the back of the Skillet. Lift the lid from the back to the front to prevent steam burns.
- Use pot holders to lift lid or move Skillet.
- Do not lift or move Skillet while cooking.
- Never immerse the temperature probe in water or any other liquid.
- Temperature probe must always be in the "OFF" position before the unit is unplugged.
- Do not knock or drop the temperature probe as this can damage the probe.

ASSEMBLY INSTRUCTIONS

To use your Cuisinart™ Skillet:

1. Carefully unpack the Skillet.
2. Rinse the Skillet base, and glass cover in warm, soapy water. Rinse well and dry thoroughly. **Note:** The Skillet base and glass cover are immersible and top shelf dishwasher safe. Make sure temperature probe is removed before cleaning.
3. Place Skillet base on a clean, dry surface.
4. Place the cover on top of the base.
5. Make sure the control knob is facing upward and in the "OFF" position. Insert temperature probe into the receptacle located on the side of the unit.
6. Plug in unit.
7. Your Skillet is now ready for use.

OPERATION

1. Place your Cuisinart™ Skillet on a clean, dry surface.
2. Make sure the control knob is facing upward and in the “OFF” position. Insert temperature probe into the receptacle located on the side of the unit.
3. Plug cord into an electrical outlet.
4. Turn temperature control knob to desired setting – “WARM” to 450° F (232° C). The indicator light will go on.
5. Your Cuisinart™ Skillet will preheat for approximately 3-8 minutes, depending on the desired temperature setting. For faster heat-up, place glass cover on top of the base.
6. Once the indicator light goes off, you are ready to cook.
7. Place food in the Skillet. Note: After preheating, do not leave Skillet on without any food inside; over time, this can damage the pan.
8. Cook food as directed or until desired results are achieved.
9. After use, turn the temperature control knob to the “OFF” position and unplug your Skillet.

CLEANING AND MAINTENANCE

CAUTION: To prevent personal injury or electric shock, always remove the temperature control probe before immersing your Skillet in water. Do not immerse temperature probe, cord or plug in water or other liquid.

1. Turn the temperature probe to the “OFF” position and unplug unit from outlet.
2. Allow unit to cool before cleaning.
3. Once unit has cooled, remove the temperature probe.
4. The temperature probe is not immersible. Simply wipe it down with a damp cloth.
5. To clean Skillet, first remove excess food and oil with a damp cloth. Place base and glass cover on the top shelf of a dishwasher or wash with warm soapy water, using a non abrasive cloth.
6. Dry thoroughly when clean.
7. If desired, recondition the nonstick surface with cooking oil to enhance the release property of the nonstick coating.

WARRANTY

THREE-YEAR LIMITED WARRANTY

This warranty supersedes all previous warranties on the Cuisinart™ Electric Skillet. This warranty is available to consumers only. You are a consumer if you own a Cuisinart™ Electric Skillet that was purchased at retail for personal, family, or household use. This warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart™ Electric Skillet will be free of defects in material or workmanship under normal home use for three years from the date of original purchase. We suggest that you complete and return the enclosed product registration card promptly to facilitate verification of the date of original purchase. However, return of this product registration card does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase, the purchase date for purposes of this warranty will be the date of manufacture.

For added convenience, you may also visit our website at www.cuisinart.ca to register your product online.

If your Electric Skillet should prove to be defective within the warranty period, we will repair it or, if we think it necessary, replace it. To obtain warranty service, please call our Consumer Service Centre toll-free at 1-800-472-7606, or write to:

Cuisinart Canada
156 Parkshore Drive
Brampton, Ont. L6T 5M1

To facilitate the speed and accuracy of your return, please enclose $10.00 for shipping and handling of the product. Please also be sure to include a return address, daytime phone number, description of the product defect, product serial number (stamped on bottom of product base), and any other information pertinent to the product’s return.

Please pay by cheque or money order.

NOTE: For added protection and secure handling of any Cuisinart® product

that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty.

Your Cuisinart™ Electric Skillet has been manufactured to strict specifications and has been designed for use with the Cuisinart™ Electric Skillet accessories and replacement parts. These warranties expressly exclude any defects or damages caused by accessories, replacement parts, or repair service other than those that have been authorized by Cuisinart.

These warranties do not cover any damage caused by accident, misuse, shipment, or other than ordinary household use. These warranties exclude all incidental or consequential damages.

Before Returning Your Cuisinart Product

If you are experiencing problems with your Cuisinart® product, we suggest that you call our Consumer Service Centre at 1-800-472-7606 before returning the product for servicing. Often, our Consumer Service Representatives can help solve the problem without having the product serviced. If servicing is needed, a representative can confirm whether the product is under warranty and direct you to the nearest service location.

* Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Centre, please remind the servicer to call our Consumer Service Centre at 1-800-472-7606 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and to ensure that the product is still under warranty.

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Recipe Booklet

BASIC TO GOURMET SKILLET RECIPES

Instruction Booklet
Reverse Side

Cuisinart™

THE CUISINART™ ELECTRIC SKILLET

RECIPES

TRADITIONAL PANCAKES

Makes 12 servings

1-1/4 cups (300 ml) all-purpose flour
1 tablespoon (15 ml) baking powder
1 tablespoon (15 ml) granulated sugar
1/2 teaspoon (2 ml) salt
2 large eggs
1/2 cup (125 ml) reduced-fat milk
3 tablespoons (45 ml) unsalted butter, melted
1/2 cup (125 ml) lowfat plain yogurt

Preheat Cuisinart™ Electric Skillet to 325°F (190°C).

Combine flour, baking powder, sugar and salt in a medium mixing bowl. Beat eggs into milk with a whisk or spoon; pour in butter and stir to combine. Make a hole in the centre of the flour mixture; pour the liquid in, stirring gently until the batter has just come together. It will have some lumps. Do not over-beat or the pancakes with be tough.

For each pancake, pour 1/4 cup (50 ml) batter onto Skillet (you will get 6 pancakes per batch). Cook 2 minutes, or until bubbles have formed on top and bottom is lightly browned. Turn pancakes and cook other side until done, about 1-1/2 or 2 minutes more. Repeat with remaining batter.

Variations:
Blueberry pancakes: toss 1 cup (250 ml) berries with 1 tablespoon (15 ml) flour from recipe. Stir in gently after blending batter.

Pecan pancakes: add 1/2 - 2/3 cup (125-150 ml) chopped, toasted pecans to batter.

Nutritional information per pancake:

Calories 99 (37% from fat) • carb. 12g • pro. 3g • fat 4g • sat. fat 2g • chol. 44mg • sod. 178mg • calc. 34mg • fiber 0g

STUFFED FRENCH TOAST

Makes 8 servings

1 pound (500 g) loaf challah or brioche bread, unsliced
8 ounces (250 g) reduced fat cream cheese, room temperature
1/4 cup (50 ml) strawberry preserves (not jelly)
6 large eggs, lightly beaten
1-1/2 cups (375 ml) half-&-half
1 teaspoon (5 ml) vanilla
4 teaspoons (20 ml) unsalted butter, divided

Cut the bread into eight 1-inch (2.5 cm) thick slices. Carefully cut a pocket in the long side of each piece, about 3/4 of the way through. (Use a serrated knife.)

Combine cream cheese and preserves thoroughly. Stuff each pocket with about 2 tablespoons (25 ml) filling, then pat pocket flat with your fingers.

Preheat Cuisinart™ Electric Skillet to 300°F (149°C).

Mix eggs and half-&-half well and add vanilla; stir. Pour batter into a 9x13-inch (22.5 x 32.5 cm) baking pan. Soak 4 filled slices of bread for at least 10 minutes, turning several times. (Let the remaining 4 slices soak in the batter while the first batch cooks.)

Melt 2 teaspoons (10 ml) butter in the Skillet and cook 4 slices at a time, for about 6 to 8 minutes a side, or until nicely browned. Remove and keep warm on a rack in a 200°F (93°C) oven. Melt the remaining 2 teaspoons (10 ml) butter and cook second batch.

Serve with maple syrup, raspberry syrup or powdered sugar.

Nutritional information per serving:

Calories 360 (44% from fat) • carb. 38g • pro. 12g • fat 17g • sat. fat 9g • chol. 141mg • sod. 485mg • calc. 153mg • fiber 0g

PHILLY CHEESE STEAK SANDWICHES

Makes 4 servings

1 teaspoon (5 ml) vegetable oil
2 cups (500 ml) thinly sliced onions (about 2 medium)
2 red or green bell peppers, cored, seeded and thinly sliced
6 ounces (175 g) provolone cheese (or American, cheddar or mozzarella)
4 oval sandwich rolls, sliced in half
1 pound (500 g) of thinly sliced beefsteak (eye of round, or sirloin)
1/2 teaspoon (2 ml) kosher salt
1/4 teaspoon (1 ml) freshly ground black pepper

Preheat Cuisinart™ Electric Skillet to 300ºF (149°C); add oil and stir to coat surface. Cook onions and peppers together for 2 minutes; add 1/2 cup (125 ml) water and stir until onion/pepper mixture is soft and water has evaporated, about 3-4 more minutes. Remove mixture and keep warm. Warm buns until lightly toasted. Place 1-1/2 ounces (42 g) of cheese on each warm bun.

Raise heat to 350°F (177°C); season meat with salt and pepper. Sear each piece for 1 or 2 minutes per side, until nicely browned; do not overcook or meat will be tough. Place meat on cheese, and top with onions and peppers.

Nutritional information per serving:

Calories 609 (37% from fat) • carb. 40g • pro. 53g • fat 25g • sat. fat 11g • chol. 126mg • sod. 918mg • calc. 394mg • fiber 2g

BREAKFAST FRITTATA

Makes 12 servings

1-1/2 tablespoons (25 ml) unsalted butter
1-1/2 tablespoons (25 ml) extra virgin olive oil
1-1/2 cups (375 ml) chopped bell peppers (a mix of red, yellow & green is nice)
1 cup (250 ml) chopped onion
18 large eggs
1 cup (250 ml) reduced fat cheddar cheese, shredded
1/2 cup (125 ml) grated Parmesan cheese
4 ounces (125 g) ham, cut in 1/4-inch (0.63) cm dice
1 teaspoon (5 ml) thyme
1/2 teaspoon (2 ml) kosher salt
1/4 teaspoon (1 ml) *Tabasco®
2 tablespoons (25 ml) chopped parsley, for garnish

Preheat Cuisinart™ Electric Skillet to 200°F (93°C); add butter and olive oil. When foam subsides, add peppers and onions. Cook, stirring for 1 minute. Cover Skillet and steam for 4-5 minutes, until softened.

Beat eggs until well mixed; stir in cheddar, Parmesan, ham, thyme, salt and Tabasco®. Pour into hot Skillet and stir. Cook 15 seconds; stir again.

Cover and cook until top looks dry, and the eggs don't wiggle, about 30-35 minutes total.

Serve hot or room temperature, garnish with chopped parsley, cut in 12 wedges.

Nutritional information per serving:

Calories 176 (62%from fat) • carb.4g • pro. 13g • fat 12g • sat. fat 4g • chol. 331mg • sod. 313mg • calc. 94mg • fiber 1g

*Tabasco® is a registered trademark owned by the McIlhenny Co.

WHITE & SWEET HASH BROWN POTATOES

Makes 12 servings

1-1/2 tablespoons (25 ml) unsalted butter
1-1/2 tablespoons (25 ml) extra virgin olive oil or vegetable oil
1-1/2 pounds (750 g) russet potatoes, skins on, cut in 1/2-inch (1.25 cm) dice
1/2 pound (250 g) sweet potato, peeled, cut in 1/2-inch (1.25 cm) dice
1 cup (250 ml) chopped red pepper
1 cup (250 ml) chopped onion
1 teaspoon (5 ml) kosher salt
1/2 teaspoon (2 ml) freshly ground black pepper
1/2 teaspoon (2 ml) thyme
1 tablespoon (15 ml) chopped parsley

Melt butter and oil in Cuisinart™ Electric Skillet set on "WARM". Add the white potatoes, sweet potatoes, red pepper, onion, salt, pepper, and thyme; gently, but thoroughly stir to coat with butter.

Cover Skillet and turn heat to 350°F (177°C); cook/steam for 10 minutes. Stir; cover again for 3 minutes. Remove cover, stir, and brown the potatoes for 5 more minutes.

Garnish with parsley and serve.

Nutritional information per serving:

Calories 101 (27% from fat) • carb. 17g • pro. 2g • fat 3g • sat. fat 1g • chol. 4mg • sod. 127 • calc. 35mg • fiber 3g

FRESH SALMON & POTATO HASH

Makes 6 servings

1-1/2 pounds (750 g) fresh salmon fillets, boneless, skinless, cut in 1-inch (2.5 cm) cubes
3/4 teaspoon (4 ml) kosher salt, divided
1 tablespoon (15 ml) extra virgin olive oil
1 pound (500 g) Huston's Yukon Gold™ Potatoes, unpeeled, cut in 1/2 to 3/4-inch (1.25 - 1.88 cm) dice
1 cup (250 ml) sliced celery (cut on the bias in 1/2-inch [1.25 cm] slices)
3/4 cup (175 ml) diced yellow pepper (cut in 3/4-inch [1.88 cm] pieces)
8 ounces (250 g) asparagus, tough ends trimmed, cut in thirds
1 large shallot, peeled and minced
1 large clove garlic, peeled and minced
1/2 cup (125 ml) half-&-half
1 teaspoon (5 ml) dill weed
1 tablespoon (15 ml) chopped fresh parsley
1 tablespoon (15 ml) chopped chives (optional)

Preheat Cuisinart™ Electric Skillet to 375°F (190°C). Season salmon with 1/2 teaspoon (2 ml) salt and place in a single layer in skillet. Cook uncovered, turning pieces over 2-3 times, until nicely browned, about 4 minutes. Remove from Skillet and keep warm.

Add the oil and brown potatoes, uncovered, about 10 minutes. Reduce heat to 300°F (149°C). Add celery, peppers, asparagus, shallot, garlic, and remaining 1/4 teaspoon (1 ml) salt; cover and cook until vegetables are just tender, about 5 minutes. Add half-&-half and dill; cook uncovered until liquid is reduced and thickened, about 4 minutes. Return salmon to the Skillet, 1-2 minutes. Garnish with parsley and chives.

Nutritional information per serving:

Calories 342 (44% from fat) • carb. 22g • pro. 26g • fat 17g • sat. fat 5g • chol. 82mg • sod. 260mg • calc. 77mg • fiber 3g

HONEY TOASTED NUTS

Makes 20 servings

1 tablespoon (15 ml) unsalted butter
1/2 cup (125 ml) honey
1 cup (250 ml) shelled almonds
1 cup (250 ml) shelled walnuts
1 cup (250 ml) shelled pecans
1 cup (250 ml) shelled, blanched hazelnuts
1 teaspoon (5 ml) cinnamon
1/2 teaspoon (2 ml) kosher salt
1/4 teaspoon (1 ml) ground cloves
1/8 teaspoon (0.5 ml) freshly ground black pepper
1 cup (250 ml) raisins

Preheat Cuisinart™ Electric Skillet to 275°F (135°C); melt butter and honey. Stir in nuts to coat thoroughly. Add cinnamon, salt, cloves, and pepper. Cook,
stirring often to prevent burning, for about 10 minutes or until nuts are light brown. Add raisins and mix.

Cool mixture on a baking sheet covered with aluminum foil. Break up clusters if desired and serve as snack or topping for ice cream.

Nutritional information per serving:

Calories 211 (61% from fat) carb. 18g • pro. 4g • fat 15g • sat. fat 2g • chol. 2mg • sod. 36mg • calc. 41mg • fiber 2g

POTATO PANCAKES (LATKES)

Makes 12 servings

1 pound (500 g) russet potatoes, peeled, shredded
1/2 cup (125 ml) grated onion (about 1/2 onion)
2 tablespoons (25 ml) matzo meal
1 tablespoon (15 ml) chopped parsley (lightly packed)
1 teaspoon (5 ml) kosher salt
1/4 teaspoon (1 ml) freshly ground black pepper
1 large egg, lightly beaten
2 tablespoons (25 ml) extra virgin olive oil, divided

Squeeze all excess liquid out of potatoes and onions by wrapping up in a clean towel and gently wringing. Place in a bowl; add matzo meal, parsley, salt and pepper and toss to mix thoroughly. Stir in egg.

Preheat Cuisinart™ Electric Skillet to 350°F (177°C). Add 1 tablespoon (15 ml) oil and swirl to coat bottom of pan. Drop pancake mixture by scant 1/4 cup (50 ml) to form 6 cakes – evenly spaced in pan. Press down on top to flatten to about 1/4 inch (0.6 cm) thickness. Cook about 8-10 minutes or until crispy and light brown. Repeat, using remaining 1 tablespoon (15 ml) oil. Keep warm on a rack in a 200°F (93°C) oven.

Serve with warm applesauce.

Nutritional information per pancake:

Calories 67 (66% from fat) • carb. 5g • pro. 1g • fat. 5g • sat. fat 1g • chol. 18mg • sod. 117mg • calc. 4mg • fiber 0g

SKILLET ROASTED POTATOES

Makes 12 servings

3-1/2 pounds (1.75 kg) small red new potatoes
1 cup (250 ml) chicken stock, nonfat, low-sodium
2 tablespoons (25 ml) extra virgin olive oil
2 tablespoons (25 ml) freshly chopped parsley
1 tablespoon (15 ml) minced garlic
1 tablespoon (15 ml) lemon zest
1 teaspoon (5 ml) kosher salt
1/4 teaspoon (1 ml) freshly ground black pepper.

Preheat Cuisinart™ Electric Skillet to 300°F (149°C). Add potatoes and stock; cover and cook until almost tender, and most of the water has evaporated, 15-18 minutes depending on size.

Lower heat to 200°F (93°C); add olive oil, one tablespoon (15 ml) parsley, garlic, lemon zest, salt and pepper. Toss to combine and cook 1-2 minutes. Do not let garlic burn.

To serve, garnish with remaining parsley.

Nutritional information per serving:

Calories 127 (16% from fat) • carb. 24g • pro. 4g • fat 2g • sat. fat 0g • chol. 0mg • sod. 172mg • calc. 64mg. • fiber 5g

GINGERED GLAZED CARROTS

Makes 8 servings

2 pounds (1 kg) baby carrots
1 cup (250 ml) chicken stock, nonfat, low-sodium
1/2 teaspoon (2 ml) kosher salt
1/4 teaspoon (1 ml) freshly ground black pepper
3 tablespoons (45 ml) brown sugar, lightly packed
2 tablespoons (25 ml) unsalted butter
2 tablespoons (25 ml) chopped or candied ginger
1 tablespoon (15 ml) freshly chopped parsley

Preheat Cuisinart™ Electric Skillet to 300°F (149°C). Add carrots, chicken stock, salt and pepper; cover and bring to a boil. Reduce heat to a simmer and cook 5 minutes or until almost tender.

Stir in brown sugar, butter and ginger; cook until all the liquid has evaporated and the carrots are glazed with sauce, about 5 minutes. Garnish with parsley.

Nutritional information per serving:

Calories 90 (33% from fat) • carb. 14g • pro. 1g • fat 3g • sat. fat 2g • chol. 8mg • sod. 189 mg. • calc. 38mg • fiber 3g

GREEN BEANS WITH TOASTED ALMONDS

Makes 4 servings

1 teaspoon (5 ml) extra virgin olive oil
1 tablespoon (15 ml) finely chopped shallots
1 pound (500 g) green beans, trimmed
1/4 teaspoon (1 ml) kosher salt
1/8 teaspoon (0.5 ml) freshly ground black pepper
1-1/2 teaspoons (7 ml) unsalted butter
2 tablespoons (25 ml) slivered almonds, lightly toasted

Preheat Cuisinart™ Electric Skillet to 250°F (121°C); add olive oil, but do not stir. Add shallots to oil and cook 1 minute. Add beans and season with salt and pepper; stir to combine. Cook 2 minutes; add 1 cup (250 ml) water, cover and steam 5 minutes. Remove cover and cook until water has evaporated and beans are tender, 6-7 minutes. Add butter and almonds; toss to coat.

Nutritional information per serving:

Calories 67 (37% from fat) • carb. 10g • pro. 2g • fat 3g • sat. fat 1g • chol. 4mg • sod. 89mg • calc. 56mg • fiber 4g

PAN ROASTED VEGETABLES

Makes 8 servings

1 tablespoon (15 ml) extra virgin olive oil
3/4 pound (375 g) white new potatoes, unpeeled, cut in 1-1/2-inch (3.75 cm) dice
3/4 pound (375 g) red new potatoes, unpeeled, cut in 1-1/2-inch (3.75 cm) dice
2 large shallots, peeled, cut in half
10 ounces (300 g) baby carrots, whole
10 ounces (300 g) green beans cut in half width-wise
2 large cloves garlic, peeled, left whole, slightly crushed
1 teaspoon (5 ml) thyme
3/4 teaspoon (4 ml) kosher salt
1/4 teaspoon (1 ml) freshly ground black pepper
1/2 cup (125 ml) sun-dried tomatoes, slivered
2 tablespoons (25 ml) chopped fresh parsley

Preheat Cuisinart™ Electric Skillet to 375°F (190°C); add olive oil and stir to coat Skillet. Cook potatoes and shallot halves until lightly browned, about 10 minutes. Reduce heat to 300°F (149°C); add carrots, green beans, garlic, thyme, salt, pepper and 1/2 cup (125 ml) water. Cover and cook until almost tender and water has evaporated, about 15-20 minutes; add sun dried tomatoes and cook 3-4 minutes.

To serve, remove garlic pieces; sprinkle with parsley.

Nutritional information per serving:

Calories 112 (16% from fat) • carb. 22g • pro. 4g • fat 2g • sat. fat 0g • chol. 0mg • sod. 151mg • calc. 70mg • fiber 6g

CHICKEN COUNTRY CAPTAIN

Makes 6 servings

1/3 cup (75 ml) all-purpose flour
1-1/2 teaspoons (7 ml) kosher salt
1/2 teaspoon (2 ml) freshly ground black pepper
1/4 teaspoon (1 ml) cayenne pepper
6 chicken breasts (6 ounces [175 g]), boneless, skinless
2 tablespoons (25 ml) extra virgin olive oil
1 tablespoon (15 ml) unsalted butter
2 cloves garlic, peeled and minced
1 large onion, cut in 1/2-inch (1.25 cm) pieces
1 yellow pepper, cored, seeded & cut in 1/2 x 2-inch (1.25 x 5 cm) pieces
1 orange or red pepper, cored, seeded & cut in 1/2 x 2-inch (1.25 x 5 cm) pieces
1 green pepper, cored, seeded & cut in 1/2 x 2-inch (1.25 x 5 cm) pieces
1 tablespoon (15 ml) curry powder
1 teaspoon (5 ml) thyme
1 bay leaf
2 cans (14 ounce [420 g]) diced tomatoes with juices
1 cup (250 ml) chicken stock, nonfat, low sodium
2/3 cup (150 ml) raisins or currants
4 green onions, trimmed and cut in 1/8-inch (0.3 cm) slices
2 tablespoons (25 ml) freshly chopped parsley
2 tablespoons (25 ml) slivered almonds, lightly toasted

Preheat Cuisinart™ Electric Skillet to 400°F (204°C). Combine flour with salt,pepper and cayenne in a flat bowl; lightly coat chicken breasts, shaking off excess.

Pour olive oil into Skillet and swirl to coat bottom. Brown chicken breasts about 4 minutes per side or until golden. Remove and keep warm. Reduce heat to 200°F (93°C); add the butter. Cook the garlic, onions and peppers for 2-3 minutes or until slightly softened. Add curry powder, thyme, and bay leaf; stir. Add tomatoes and chicken stock; bring to a boil. Add chicken breasts, loosely cover Skillet, and simmer for 12 to15 minutes.

Remove cover; add raisins and green onions. Simmer for 5 minutes or until chicken is completely cooked. Remove and discard bay leaf. Garnish with chopped parsley and toasted almonds. Serve with rice.

Nutritional information per serving:

Calories 463 (26% from fat) • carb. 33g • pro. 54mg • fat 13g • sat. fat 3g • chol. 136mg • sod. 700mg • calc. 85mg • fiber 5g

CHICKEN AND MUSHROOMS WITH TARRAGON CREAM SAUCE

Makes 6 servings

6 chicken breast halves (5-6 ounces [150-175 g] each), boneless, skinless
1/2 teaspoon (2 ml) kosher salt
1/4 teaspoon (1 ml) freshly ground white pepper
1 tablespoon (15 ml) extra virgin olive oil, divided
1 tablespoon (15 ml) unsalted butter, divided
8 ounces (250 g) white mushrooms, sliced
1/3 cup (75 ml) minced shallots
1/2 cup (125 ml) vermouth or dry white wine
1 cup (250 ml) chicken stock, nonfat, low sodium
1 tablespoon (15 ml) freshly chopped tarragon*, divided
1/4 cup (50 ml) sun-dried tomatoes (not packed in oil), slivered, divided
1 cup (250 ml) light cream

Season chicken with salt and pepper.

Preheat Cuisinart™ Electric Skillet to 300°F (149°C); melt oil and butter. Add chicken breasts and cook until browned, about 2-3 minutes; turn and cook 2-3 minutes longer. (Do not cook through – they will finish in the cream sauce.) Remove chicken, cover loosely while making sauce.

Heat remaining oil and butter and brown mushrooms, stirring occasionally, about 3 minutes. Add shallots; stir constantly for 30 seconds or until softened; do not let burn. Add wine, chicken stock, 1/2 tablespoon (7 ml)

tarragon, 3 teaspoons (15 ml) sun-dried tomatoes. Cook until liquid has reduced to about 1/2 cup 125 ml; add accumulated juices from the chicken breasts and cook 1 minute. Add cream and cook until thickened, about 3 minutes. Push the mushrooms to one side; return chicken breasts in a single layer. Cover and reduce heat to 200°F (93°C); simmer until chicken is cooked through, 5-6 minutes longer.

To serve, place chicken breasts on a warm plate; cover with sauce and mushrooms. Garnish with remaining fresh tarragon and sun-dried tomatoes.
* If you do not have fresh tarragon, substitute fresh parsley and add 3/4-teaspoon (4 ml) dried tarragon with the sun-dried tomatoes.

Nutritional information per serving:

Calories 411 (39% from fat) • carb.7g • pro. 52g • fat 17g • sat. fat 8g • chol. 163mg • sod. 368mg • calc. 72mg • fiber 1g

PORK CHOPS WITH APPLES & ONIONS

Makes 6 servings

6 pork chops (6 ounce [175 g]), centre cut, boneless
1 teaspoon (5 ml) kosher salt, divided
1/4 teaspoon (1 ml) freshly ground black pepper
2 cups (500 ml) chicken stock, nonfat, low sodium
1-1/2 pounds (750 g) onions, peeled and sliced (8 cups [2 L])
4 ounces (125 g) shallots (about 3 large), peeled and sliced
1 pound (500 g) Granny Smith apples, peeled, cored and sliced
1 tablespoon (15 ml) cider vinegar
1 teaspoon (5 ml) caraway seeds
1/2 teaspoon (2 ml) sage

Cut excess fat from chops and season both sides with salt and pepper. Preheat Cuisinart™ Electric Skillet to 350°F (177°C); sear chops until light brown on both sides, about 5-6 minutes total. Cover loosely with foil to keep warm.

Add 1/2-cup (125 ml) chicken stock to hot Skillet and stir up the nice brown bits from the chops, about 1 minute. Add onions, shallots, apples, the remaining stock, vinegar, caraway and sage. Bring to a boil; lower heat to

maintain a simmer. Cover skillet; cook, stirring occasionally for about 20-25 minutes until most of the liquid has evaporated and the onions are tender.

Add chops and their juices to onion mixture; cover and cook until meat registers 160ºF (71°C) when tested with an instant-read thermometer, about 10 minutes longer. Serve hot.

Nutritional information per serving:

Calories 453 (29% from fat) • carb. 26g • pro. 55g • fat 15g • sat. fat 6g • chol. 140mg • sod. 496mg • calc. 41mg • fiber 3g

SPICY SAUSAGE AND SHRIMP

Makes 6 servings

1/2 pound (250 g) spicy cooked sausage (andouille or chorizo) cut in 1/4-inch (0.6 cm) rounds (chicken or turkey andouille or chorizo will be lower in fat)
1 cup (250 ml) sliced celery, (about 2 stalks) cut on the bias in 1/4-inch (0.6 cm) pieces
1 green bell pepper, peeled, cored, thinly sliced
1 yellow bell pepper, peeled, cored, thinly sliced
1 orange or red bell pepper, peeled, cored, thinly sliced
3 cloves garlic, peeled, crushed, but left whole
3 tablespoons (45 ml) finely chopped shallots
1 cup (250 ml) vermouth or dry white wine
2 cans (14 ounce [420 g]) diced tomatoes
2 tablespoons (25 ml) tomato paste
2 cups (500 ml) chicken stock, fat free, low sodium
2 bay leaves
1 teaspoon (5 ml) marjoram (or oregano)
1/2 teaspoon (2 ml) kosher salt
1/4 teaspoon (1 ml) freshly ground black pepper
2-3 drops *Tabasco® sauce or more, to taste
1-1/2 pounds (750 g) large shrimp, peeled and deveined
1 tablespoon (15 ml) freshly chopped parsley
2 green onions, thinly sliced

Place sliced sausages in a cold Cuisinart™ Electric Skillet; set the temperature to 300°F (149°C). When the sausage pieces are nicely browned, add the celery, green pepper, yellow pepper, orange pepper and garlic. Cook, stirring, for about 3-4 minutes, or until vegetables have softened. Add shallots; stir for 30 seconds (do not let burn), then immediately pour in wine. Add tomatoes, tomato paste, chicken stock, bay leaves, and marjoram. Reduce heat to a simmer and cook for about 10 minutes, stirring occasionally. Remove garlic pieces; taste for seasoning. Add salt, pepper and Tabasco® if desired.

Add shrimp; stir to combine, cover, and cook until shrimp are firm and pink, about 3 to 4 minutes. Garnish with parsley and green onions. Serve with rice or crusty bread.

Nutritional information per serving:

Calories 315 (27% from fat) • carb. 15g • pro. 36g • fat 9g • sat. fat 3g • chol. 254mg • sod. 830mg • calc. 107mg • fiber 3g

*Tabasco® is a registered trademark owned by the McIlhenny Co.

VEGETARIAN CHILI

Makes 12 serving

2 tablespoons (25 ml) vegetable oil
1-1/2 cups (375 ml) chopped onion
1-1/2 tablespoons (25 ml) chopped garlic
2 jalapeño peppers, seeded and finely chopped
2 tablespoons (25 ml) chili powder
1-1/2 teaspoons (7 ml) cumin
1 teaspoon (5 ml) coriander
1 teaspoon (5 ml) oregano
1 teaspoon (5 ml) kosher salt
2 red bell peppers, cored, seeded and cut in 1/2 inch (1.25 cm) pieces
2 green bell peppers, cored, seeded and cut in 1/2 inch (1.25 cm) pieces
2 cups (500 ml) diced zucchini (2 small)
2 cups (500 ml) cut corn (15 ounce [450 g] bag frozen, thawed)
2 cans (14 ounce [420 g]) diced tomatoes, juices drained
1 can (15 ounce [450 g]) black beans, drained
1 can (15 ounce [450 g]) white beans, drained
1 cup (250 ml) bulgur (cracked wheat)
3 cups (750 ml) vegetable stock
1 tablespoon (15 ml) red wine vinegar

Preheat the Cuisinart™ Electric Skillet to 200°F (93°C); add vegetable oil and stir to coat surface. Sauté onion, uncovered, 2 minutes. Cover and cook for 2 minutes. Add garlic and jalapeños, cover and cook 1 minute.

Add chili powder, cumin, coriander, oregano and salt; stir seasonings to coat onion mixture thoroughly. Add red and green bell peppers, zucchini, corn, tomatoes, black and white beans and bulgur. Stir to combine. Add vegetable stock and vinegar; stir. Cover Skillet. Cook until bulgur is tender, stirring occasionally, about 20 more minutes.

Nutritional information per serving:

Calories 225 (16% from fat) • carb. 42g • pro. 8g • fat 4g • sat. fat 1g • chol. 0mg • sod. 118mg • calc. 73mg • fiber 10 g

VEAL MARSALA

Makes 4 servings

1/4 cup (50 ml) all-purpose flour
1/2 teaspoon (2 ml) kosher salt
1/4 teaspoon (1 ml) freshly ground black pepper
1 pound (500 g) veal cutlets (scallopine), pounded very thin
1-1/2 tablespoons (25 ml) extra virgin olive oil, divided
1/2 pound (250 g) cremini or button mushrooms, sliced
2/3 cup (150 ml) Marsala
1 cup (250 ml) chicken stock, fat free, low sodium (or veal demi-glace, if available)
1 tablespoon (15 ml) tomato paste (unsalted if available)
2 tablespoons (25 ml) freshly chopped parsley
1/2 teaspoon (2 ml) sage
1/2 teaspoon (2 ml) thyme
1 tablespoon (15 ml) unsalted butter

Combine flour with 1/4 teaspoon (1 ml) salt and the pepper. Dredge each piece of veal in mixture and shake off excess.

Preheat Cuisinart™ Electric Skillet to 350°F (177°C); add 1/2-tablespoon (7 ml) oil and stir to coat Skillet. Add mushrooms in a single layer; cook for 2-3 minutes, or until nicely browned. Transfer to a warm bowl.

Add 1/2-tablespoon (7 ml) oil; place half the veal in the Skillet and sear until each side is nicely browned, about 1-2 minutes each. Transfer to a warm platter. Repeat with the remaining meat. Pour the Marsala into Skillet and deglaze pan by stirring up the brown bits. Cook until Marsala is reduced by half. Add stock, tomato paste, 1 tablespoon (15 ml) parsley, sage and thyme; cook for 4 to 5 minutes, until the sauce has thickened slightly. Taste for seasoning and add remaining salt if desired. Swirl in the tablespoon (15 ml) of butter.

Add the meat back to the Skillet to warm, about 2 minutes. Garnish with remaining parsley.

Nutritional information per serving:

Calories 215 (36% from fat) • carb. 7g • pro. 18g • fat 9g • sat. fat 2g • chol. 57mg • sod. 343mg • calc. 25mg • fiber 2

SOLE (FLOUNDER) MEUNIÈRE

Makes 6 servings

6 sole or (flounder) fillets, (about 2 pounds [1 kg])
1/4 cup (500 ml) all-purpose flour
1 teaspoon (5 ml) kosher salt
1/2 teaspoon (2 ml) freshly ground white pepper
4 tablespoons (60 ml) unsalted butter, divided
2 tablespoons (25 ml) vegetable oil
1/2 cup (125 ml) white wine
1 tablespoon (15 ml) fresh lemon juice
Zest of one lemon, finely chopped
1 tablespoon (15 ml) chopped parsley

Cut each fillet in half on the diagonal (this will make the fillets easier to turn). Combine flour with salt and pepper in a flat bowl; lightly coat fillets, shaking off excess. Preheat Cuisinart™ Electric Skillet to 325°F (163°C).

Melt 2 tablespoons (25 ml) butter and combine with oil. Cut the remaining 2 tablespoons (25 ml) butter into 8 pieces and set aside to chill in refrigerator. Pour 1/2 the olive oil and melted butter mixture into Skillet and stir to coat surface. Add each fillet and cook for about 3 minutes or until the bottom is lightly browned. Turn over carefully with a spatula and cook the other side for 1 to 2 minutes, depending on the thickness.

Remove fillets and keep warm. Add wine to Skillet and stir to reduce for I minute. Add lemon juice and the pieces of cold butter; stir gently as sauce thickens slightly. Add lemon zest and parsley. Serve over fillets.

Nutritional information per serving:

Calories 270 (47% from fat) • carb. 3g • pro.29g • fat 14g • sat fat 6g • chol. 93g • sod. 347mg • calc. 35mg • fiber 0g

PENNE ALLA VODKA

Makes 8 servings

1 pound (500 g) penne pasta
4 teaspoons (20 ml) extra virgin olive oil
1/2 cup (125 ml) chopped onion
3 cloves garlic, peeled and minced
1 can (35 ounce [1 L]) Italian plum tomatoes with juices (unsalted if possible)
1/2 cup (125 ml) vodka
2/3 cup (150 ml) heavy cream
1/4 teaspoon (1 ml) kosher salt
1/4 teaspoon (1 ml) hot pepper flakes (to taste)
2 tablespoons (25 ml) freshly chopped parsley

Cook pasta according to package directions, drain, and reserve.

Preheat Cuisinart™ Electric Skillet to 200°F (93°C); add oil and stir to coat surface. Add onion and cook until softened, about 3-5 minutes. Add garlic and stir 1 minute; do not let burn. Add tomatoes, chopping them up with a spoon. Bring to a boil; lower heat to simmer and cook uncovered until slightly thickened, about 10 minutes.

Add vodka; simmer 2 to 3 minutes. Add cream; simmer 2 minutes. Season with salt and hot pepper flakes.

Toss pasta with 1/2 the sauce in a warm bowl. Ladle the remaining sauce on top. Garnish with chopped parsley.

Nutritional information per serving (sauce only):

Calories 589 (42% from fat) • carb. 42g • pro. 9g • fat 29g • sat. fat 12g • chol. 58mg • sod. 910mg • calc. 234mg • fiber 12g

BOLOGNESE SAUCE

Makes 8 servings (enough for 1 pound 500 g pasta)

1 tablespoon (15 ml) extra virgin olive oil
1 tablespoon (15 ml) unsalted butter
1 cup (250 ml) chopped onion
1/2 cup (125 ml) chopped carrots
1/2 cup (125 ml) chopped celery
1-1/2 pounds (750 g) lean ground beef (90% lean)
1/2 teaspoon (2 ml) kosher salt
1/4 teaspoon (1 ml) freshly ground black pepper
1 cup (250 ml) whole milk
1/8 teaspoon (0.5 ml) freshly grated nutmeg
1 cup (250 ml) dry white wine
2 cans (14 ounce [420 g]) diced tomatoes, with the juices
1/4 cup (50 ml) tomato paste
1 cup (250 ml) beef stock, nonfat, low sodium
1 pound (500 g) pasta

Preheat Cuisinart™ Electric Skillet to 300°F (149°C); melt olive oil and butter. Add onion, carrots and celery; cook, stirring, for 3 minutes or until vegetables are softened. Increase temperature to 350°F (177°C). Add ground beef and cook, breaking up large chunks, until browned, about 5 minutes. Season with salt and pepper.

Pour in milk and nutmeg; cook until almost evaporated, about 5 minutes. Add white wine and cook until almost evaporated, about 10 minutes. Add tomatoes, tomato paste, and beef stock. Lower heat to simmer, 200°F (93°C), and cook uncovered until sauce has thickened and meat is tender, about 1 hour longer.

To serve, cook pasta according to package instructions, reserving one cup 250 ml of cooking water. If sauce seems too thick, add reserved water. Gently combine hot pasta with meat sauce right in the Skillet.

Nutritional information per serving:

Calories 253 (47% from fat) • carb. 11g • pro. 18g • fat 13g • sat. fat 5g • chol. 59mg • sod. 289mg • calc. 73mg • fiber 3g

RUSTIC TOMATO SAUCE

Makes 7 cups (1.75 L) (enough for 1 pound [500 g] of pasta)

1 tablespoon (15 ml) extra virgin olive oil
1 cup (250 ml) chopped onion
1/3 cup (75 ml) chopped carrot
1/3 cup (75 ml) chopped celery
3 cloves garlic, peeled and chopped
1 tablespoon (15 ml) dried oregano
1 tablespoon (15 ml) dried basil
1 bay leaf
1/2 cup (125 ml) white vermouth or dry white wine
3 cans (14 ounce [420 g]) diced tomatoes, with juices
2 tablespoons (25 ml) tomato paste
1/4 teaspoon (1 ml) kosher salt
1/4 teaspoon (1 ml) freshly ground pepper

Preheat Cuisinart™ Electric Skillet to 250°F (121°C); add oil and stir to coat surface.

Sauté the onion, carrot, celery, and garlic until tender, about 3 minutes. Add oregano, basil and bay leaf; stir for 30 seconds. Add vermouth and stir until reduced by half. Add the tomatoes and tomato paste.

Reduce heat to keep sauce at a simmer. Cook uncovered, for about 30 minutes, stirring occasionally, until thickened slightly. (If serving with Turkey Meatballs, add them to sauce about 10 minutes before serving.) Taste for seasoning and add salt and pepper if desired. Remove bay leaf before serving. May be made ahead; cool, cover and chill.

Nutritional information per serving:

Calories 90 (19% from fat) • carb.14g • pro.2g • fat 2g • sat. fat 0g • chol. 0mg • sod. 305mg • calc. 67mg • fiber 4g

VANILLA BEAN POACHED PEARS

Makes 10 servings

2 bottles (750 ml) chardonnay (about 6-2/3 cups [1.6 L])
1 cup (250 ml) granulated sugar
1/2 teaspoon (2 ml) whole white peppercorns
2 vanilla beans
5 large Bosc or Bartlett pears (about 8 ounces [250 g] each)
1/2 lemon

Pour chardonnay into Cuisinart™ Electric Skillet; add sugar, peppercorns and 3 cups (750 ml) water and bring to a boil. Cut the vanilla beans down the middle and scrape tiny seeds into the wine mixture; add the pods. Cover and simmer for 10 minutes while preparing the pears.

Squeeze lemon juice into a medium bowl and fill half way with tap water. Peel, halve and core the pears, leaving stems attached; place in lemon water. When all the pears are cut, remove from water and add to simmering liquid. Cover and poach for 20 to 30 minutes or until the pears are just tender.

Turn off heat and cool in wine. To serve, remove pears; bring liquid back to a boil and reduce by half. Pour over pears and serve with freshly whipped cream or crème anglaise.

Nutritional information per serving (1/2 pear):

Calories 252 (3% from fat) • carb. 39g • pro. 1g • fat 1g • sat. fat 0g • chol. 2mg • sod. 8mg • calc. 29mg • fiber 3g

CHOCOLATE CHERRY UPSIDE DOWN CAKE

Makes 24 servings

1/4 cup (50 ml) unsalted butter
1 cup (250 ml) packed light brown sugar
24 ounces (750 g) sweet pitted cherries (frozen, thawed, patted dry – about 4 cups [1 L])
1 cup (250 ml) unsweetened cocoa powder
1 cup (250 ml) boiling water
6 large eggs
1-1/2 cups (375 ml) light sour cream, divided
1 tablespoon (15 ml) pure vanilla extract
1 teaspoon (5 ml) pure almond extract
4-1/3 cups (1 L) all-purpose flour
1 teaspoon (5 ml) cinnamon
1 teaspoon (5 ml) baking powder
1 teaspoon (5 ml) baking soda
1 teaspoon (5 ml) salt
1 cup (250 ml) + 2 tablespoons (25 ml) unsalted butter, cut in 1-inch (2.5 cm) pieces, at room temperature
1-1/4 cups (300 ml) packed light brown sugar
1/2 cup (125 ml) reduced fat milk

Preheat Cuisinart™ Electric Skillet to 200°F (93°C) and melt 1/4 cup (50 ml) butter. Sprinkle evenly with 1 cup (250 ml) brown sugar and cherries. Turn off heat; reserve.

Place cocoa and boiling water in a medium bowl and stir to blend and remove all lumps; reserve. Place eggs in a medium bowl; beat lightly. Add 1/2 cup (125 ml) of the sour cream, vanilla and almond extracts; stir until smooth; reserve. Place flour, cinnamon, baking powder, baking soda, and salt in a medium bowl; stir to blend; reserve.

Place 1 cup (250 ml) + 2 tablespoons (25 ml) butter in a large bowl with 1-1/4 cups (300 ml) brown sugar. Using a Cuisinart® Hand Mixer on low speed, mix for 30 seconds; increase speed to medium and mix until smooth and creamy, about 2 minutes. Add reserved cocoa and egg mixtures; mix until smooth and creamy, about 1 minute.

Add half the flour and the remaining sour cream; mix on low speed 40 seconds. Scrape the bowl. Add remaining flour and milk; mix on low speed until well blended, about 1 minute. Scrape the bowl.

Spoon the batter evenly over the brown sugar and cherries. Cover loosely (prop lid with a wooden spoon handle set to one side near the handles), and turn Skillet to 350°F (177°C) for 5 minutes or until it begins to bubble. Turn heat down to 250°F (121°C) and "bake" cake until it has risen and appears completely "dry" (no longer looks like wet batter) on top. Turn off Skillet. Loosen edges with a heat-proof nonstick spatula and cover Skillet with a large platter. Invert immediately – do not wait – brown sugar/cherry topping may start to burn with residual heat. Using potholders, lift Skillet straight up. Remove any cherries that may have stuck to the pan and replace on top of the cake. Let cool and sprinkle with powdered sugar to serve.

Nutritional information per serving:

Calories 326 (36% from fat) • carb. 48g • pro. 6g • fat 14g • sat. fat 8g • chol. 87mg • sod. 195mg • calc. 66mg • fiber 2g

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